



City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships

SEPTEMBER/OCTOBER 2012



Holiday Arts & Crafts Sale

Saturday, November 10, 2012

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd.



**Come find that special one-of-a-kind gift,
hand-crafted by Senior Citizens!**

(Crafts Vendors: please call the Bartlett Center at 310-320-5918
for more information and registration forms!)



It's that time of year again...

FLU SHOT CLINIC



Monday, November 19, 2012

9 a.m. to 12 noon

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance



For more information, please call 310-320-5918.

Please see your physician if you have a serious illness or are hypersensitive to eggs.




City of Torrance Community Services Department • RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 • 310-320-5918 • www.Recreation.TorranceCA.Gov
"Creating and Enriching Community through People, Programs and Partnerships"



CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

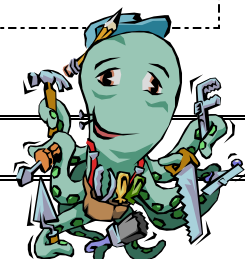
October 12	11:30 a.m.	 <i>Remember When?</i> with the Young at Heart Theatre Group
Ken Miller Recreation Center		Stage show and luncheon
November 10	9:30 a.m. – 2:30 p.m.	<i>Senior Citizens Holiday Arts & Crafts Show</i>
Ken Miller Recreation Center		
November 19	9 a.m. – 12 noon	<i>Flu Shot Clinic</i>
Ken Miller Recreation Center		


CENTERS

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.



TUESDAY	9 a.m. - 4 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month
	9:30 a.m.	WIRE WRAPPING W/ CLIFF 2 nd & 4 th Tuesdays of the month
WEDNESDAY	9 a.m. - 4 p.m.	PINOCHLE AND TABLE GAMES 
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE - First Wednesday of the month
	12:30 p.m. NEW!	QUILTING & SEWING W/ SHAR 2 nd Wednesday of the month
	12:30 p.m.	BUNCO 3 rd Wednesday of the month
THURSDAY	9 a.m. - 4 p.m.	CENTER IS OPEN
	12:30 p.m. - 3 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.

TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

September 5, 2012: *An American in Paris*

Not Rated

Leslie Caron, Gene Kelly, & Nina Foch

October 3, 2012: *What If...*

Rated PG for some mild, thematic elements.

FEATURING: Kevin Sorbo, Kristy Swanson, & John Ratzenberger

Movie for November: *Mr. Popper's Penguins*



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310-320-5918

HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

MONDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:30 a.m.-12:30 p.m. 2 p.m.-3:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required! Senior Exercise	Fee: \$45/Semester
TUESDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$45/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9 a.m.-12 noon 9:45 a.m. - 11:15 a.m.	Shuffleboard "Fall Prevention and Balance Improvement"	Fee: \$39/Semester
WEDNESDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9 a.m.-3 p.m. 2 p.m.-3:30 p.m.	Beadwork Workshop Senior Exercise	Fee: \$45/Semester
THURSDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9 a.m.-12 noon 9 a.m. 9:30 a.m.-12:30 p.m. 12:30 p.m.	Shuffleboard Ceramics Workshop Lapidary Workshop Wrap-around Safety Glasses are Required! Thursday Afternoon at the Movies	
FRIDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$55/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:30 a.m.-11:30 a.m. 12:30 p.m.-2:30 p.m.	Crafts, Knitting, & Crocheting Workshop Seniors Open Discussion Group	
SATURDAY	9 a.m.-12 noon 9 a.m.	Shuffleboard Bridge and assorted table games are played	
	9:30 a.m.	"The Swinging, Singing Seniors" Newcomers WELCOME!	
	9:30 a.m.-11 a.m. 12:30 p.m.	South Bay Strummers Ukulele Group Saturday Afternoon at the Movies	
SUNDAY	12:30 p.m.-4 p.m.	Bartlett Center is Open! Drop on in!	

Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310-320-5918 to make an appointment.

HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month. Please call 310-320-5918 to make an appointment.

WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310-378-3862

MONDAY 12 noon to 4 p.m. * Table Games and Pinochle *

THURSDAY 12 noon to 4 p.m. * Table Games and Bridge *

Coffee & cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you'll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!





THURSDAY & SATURDAY MATINEES!

FREE MOVIES & POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.

**August 30
September 1**

Country Strong

Rated PG-13 for thematic elements
involving alcohol abuse and some sexual content.

Gwyneth Paltrow,
Tim McGraw,
& Garrett Hedlund

September 6 & 8

Breakfast at Tiffany's

Not Rated

Audrey Hepburn,
George Peppard,
& Patricia Neal

September 13 & 15

Get Low

Rated PG-13 for some thematic
material and brief violent content.

Robert Duvall,
Sissy Spacek,
& Bill Murray

September 20 & 22

Whatever Works

Rated PG-13 for sexual situations
including dialogue, brief nude
images, and thematic material.

Ed Begley, Jr.,
Patricia Clarkson,
& Larry David

September 27 & 29

The Tree of Life

Rated PG-13 for
some thematic material.

Brad Pitt,
Sean Penn,
& Jessica Chastain

October 4 & 6

War Horse

Rated PG-13 for intense
sequences of war violence.

Emily Watson,
David Thewlis,
& Peter Mullen

October 11 & 13

The Artist

Rated PG-13 for a disturbing
image and a crude gesture.

Jean Dujardin,
B  r  nice Dejo,
& John Goodman

October 18 & 20

The Taming of the Shrew

Not Rated

Elizabeth Taylor,
Richard Burton,
& Michael Hordern

October 25 & 27

What If...

Rated PG for some mild thematic elements.

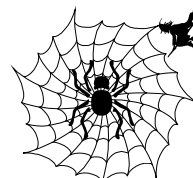
Kevin Sorbo,
Kristy Swanson,
& John Ratzenberger

November 1 & 3

Abduction

Rated PG-13 for sequences of intense
violence and action, brief language,
some sexual content, and teen partying.

Taylor Lautner,
Lily Collins,
& Alfred Molina




SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

 Fridays only * Coffee, tea, and cookies 25¢ all day

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$39/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore & maintain joint range of motion * Toning & firming to improve flexibility and cardiovascular health

Int. Low Impact Aerobics Through Dance * 10 a.m. - 11:30 a.m. **Fee: \$39/Semester**

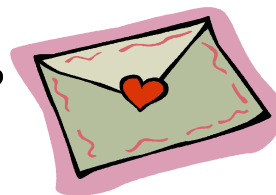
Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Low Impact Aerobics Through Dance * 9:30 a.m. - 11 a.m. **Fee: \$39/Semester**

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*

Torrance Loving Care "TLC" Tuesdays Tillim Senior Center!



First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive - 310-543-4653 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11 a.m.

Upcoming general meetings are September 7 and October 5, 2012

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

Results of June's *Best Two Out of Three* Tournament

First Place @ 95.0 net George Brown*, Terry Hayes, & Dick Evans

* Hole-in-One on Hole #8!



Second Place @ 97.4 net Soon Rim, Tony Maes, & John McGee

Third Place @ 99.7 net Dave Matosky, Don Sturgess, & Ben Ko

Fourth Place @ 100.0 net Dick Saunders, Haydee Bandic, & C.C. Graham

Fifth/Sixth Place @ 102.0 net Paul Nitchman, Helen Anastassiou, & Kip June

Fifth/Sixth Place @ 102.0 net Bob Shields, Tom McGlynn, & Dave Moorhead

Seventh Place @ 106.0 net David Baird, Beverly Flynn, & Bob Reid

Results of August's *Best Two out of Three* Tournament

First Place @ 94.0 George Brown, John McGee, & Kip June

Second Place @ 97.0 Joe Camarata, Dick Evans, & Carolyn Shofner

Third Place @ 100.0 Marv Paskal, Tony Maes, & Dave Moorhead

Fourth Place @ 100.4 Bob Fields, Don Sturges, & C.C. Graham

Fifth Place @ 100.7 Dave Matosky, Ben Ko, & Bob Reid

Sixth Place @ 102.0 Dave Baird, Haydee Bandic, & Dick Saunders

Seventh Place @ 102.7 Gary Matzke, Helen Anastassiou, & Fran Thompson

DID YOU KNOW?

September is ***National Courtesy Month***. Courtesy. Consideration. Civility. Sometimes it seems these traits just aren't that prominent in modern society. There was a time when it was referred to as 'common courtesy,' but it rarely seems very common anymore. So, this September, let's celebrate National Courtesy Month by showing patience, kindness and respect to our fellow human beings. Say thank you and please, be considerate of other people's personal space and commit random acts of kindness to brighten someone's day.



September 13th is ***Positive Thinking Day***. Today is all about attitude.... a positive attitude. It's a lot like the ant, when faced with moving a rubber tree plant thought "I think I can." With that in mind, I just know that everything will go fine from this day forward.

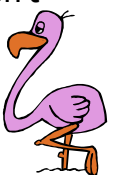
The power of positive thinking is absolutely astounding. Medical research confirms that a positive attitude works wonders at fighting disease and ailments, from the common cold to cancer. People with an "I think I can" attitude, are far more likely to succeed at work, and in accomplishing every goal they set in life. Have a happy Positive Thinking Day! We just know you're going to have a spectacular day.

October is ***National Apple Month***. A survey by the American Pie Council and Crisco found that apple pie is the favorite flavor among one out of four Americans, followed by pumpkin pie, chocolate pie, lemon meringue, and cherry. The term "as American as apple pie" traces back to 14th century England. The Pilgrims brought their pie-making skills, along with the apple seeds to America. As the popularity of apple pie spread throughout the nation, the phrase grew to symbolize American prosperity.



Though some historians are in dispute over exactly who first cultivated the wild apple, many believe it was the Romans who discovered they could cultivate these wild apples into fleshy, sweet, and juicy fruits. Some historians report the apple's origins were rooted in Southwestern Asia, just south of the Caucasus Mountains between the Black Sea and the Caspian Sea. Others note that apple seeds found in Anatolia were carbon dated 6500 BCE. Archeologists even found a fossilized imprint of an apple seed from the Neolithic period in England.

October 17th is ***Wear Something Gaudy Day*** and is your chance to really stick out in a crowd. The word "gaudy" refers to something bright, gay, cheap, showy, outlandish, or otherwise not in good taste. Have a little fun on this day. For just one day, forego fashion and style. Look for something to wear that's really wild and wacky, and will stick out like a sore thumb wherever you go. If you don't have anything like this in your wardrobe, perhaps a friend does. Note: If you're always garbed in gaudy attire, this is your day to look like everyone else!



Baby, It's Hot Outside!

We're saying goodbye to summer and moving into autumn, but we all know that here, in Southern California, September and October are often the hottest months of the year. Here are some tips from the *Mayo Clinic* to help you avoid heat related syndromes such as heat exhaustion and heatstroke.

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke.

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake. Signs and symptoms resemble those of shock and may include:

- ⊗ Feeling faint or dizzy
- ⊗ Nausea
- ⊗ Heavy sweating
- ⊗ Rapid, weak heartbeat
- ⊗ Low blood pressure
- ⊗ Cool, moist, pale skin
- ⊗ Low-grade fever
- ⊗ Heat cramps
- ⊗ Headache
- ⊗ Fatigue
- ⊗ Dark-colored urine



If you suspect heat exhaustion:

- ⊗ Get the person out of the sun and into a shady or air-conditioned location.
- ⊗ Lay the person down and elevate the legs and feet slightly.
- ⊗ Loosen or remove the person's clothing.
- ⊗ Have the person drink cool water or other nonalcoholic beverage without caffeine.
- ⊗ Cool the person by spraying or sponging with cool water and fanning.
- ⊗ Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

Call 911 or emergency medical help if the person's condition deteriorates, especially if fainting, confusion or seizures occur, or if fever of 104 F (40 C) or greater occurs with other symptoms.

☞ FOCAL POINT PROGRAM ☞

Senior citizens and their families now have greater access to information through the Focal Point on Aging program. The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9 a.m. to 3 p.m. 🐾

For more information, call 310-320-1300 or 310-320-5918